

**WHAT IS CLAIMED IS:**

1. A method for estimating visceral fat area of a subject comprising steps of acquiring predetermined biological data of the subject including at least values each indicating height and fat mass of the subject and estimating a value indicating visceral fat area of the subject based on the acquired biological data, wherein the estimation of the value indicating visceral fat area is performed by using the product of the Xth power of the height value and the Yth power of the fat mass value, where each of the X and the Y expresses a number excluding zero.
2. The method of claim 1, wherein the estimation of the value indicating visceral fat area is performed by using a parameter expressed as  $FM/Ht^2$ , where the Ht expresses the value indicating height and the FM expresses the value indicating fat mass.
3. The method of claim 1, wherein the estimation of the value indicating visceral fat area is performed by using a parameter expressed as  $Ht^2/FM$ , where the Ht expresses the value indicating height and the FM expresses the value indicating fat mass.
4. The method of claim 2, wherein a value indicating age of the subject is further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (1) as expressed below,  
$$VFA = C11*FM/Ht^2 + C12*Age + C13 \quad (1)$$
where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, and the C11, C12 and C13 each expresses constant.
5. The method of claim 3, wherein a value indicating age of the subject

is further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (2) as expressed below,

$$VFA = C21*Ht^2/FM + C22*Age + C23 \quad (2)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, and the C21, C22 and C23 each expresses constant.

6. The method of claim 2, wherein values each indicating age and weight of the subject are further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (3) as expressed below,

$$VFA = C31*FM/Ht^2 + C32*Age + C33*Wt/Ht^2 + C34 \quad (3)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the Wt expresses the value indicating weight, and the C31, C32, C33 and C34 each expresses constant.

7. The method of claim 3, wherein values each indicating age and weight of the subject are further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (4) as expressed below,

$$VFA = C41*Ht^2/FM + C42*Age + C43*Wt/Ht^2 + C44 \quad (4)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the Wt expresses the value indicating weight, and the C41, C42, C43 and C44 each expresses constant.

8. The method of claim 2, wherein values each indicating age and body fat percentage of the subject are further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (5) as expressed below,

$$VFA = C51*FM/Ht^2 + C52*Age + C53*%FAT + C54 \quad (5)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the %FAT expresses the value indicating body fat percentage, and the C51, C52, C53 and C54 each expresses constant.

9. The method of claim 3, wherein values each indicating age and body fat percentage of the subject are further acquired in the step of acquiring the biological data and wherein the estimation of the value indicating visceral fat area is performed by using an equation (6) as expressed below,

$$VFA = C61*Ht^2/FM + C62*Age + C63*%FAT + C64 \quad (6)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the %FAT expresses the value indicating body fat percentage, and the C61, C62, C63 and C64 each expresses constant.

10. The method of any one of claim 1 to 9, wherein the value indicating fat mass of the subject is acquired by using the Bioelectrical Impedance Analysis in the step of acquiring the biological data.

11. A system for estimating visceral fat area of a subject comprising a data acquiring component for acquiring predetermined biological data of the subject including at least values each indicating height and fat mass of the subject and a data processing component for estimating a value indicating visceral fat area of the subject based on the acquired biological data, wherein the data processing component estimates the value indicating visceral fat area by using the product of the Xth power of the height value and the Yth power of the fat mass value, where each of the X and the Y expresses a number excluding zero.

12. The system of claim 11, wherein the data processing component estimates the value indicating visceral fat area by using a parameter expressed as  $FM/Ht^2$ , where the  $Ht$  expresses the value indicating height and the  $FM$  expresses the value indicating fat mass.

13. The system of claim 11, wherein the data processing component estimates the value indicating visceral fat area by using a parameter expressed as  $Ht^2/FM$ , where the  $Ht$  expresses the value indicating height and the  $FM$  expresses the value indicating fat mass.

14. The system of claim 12, wherein the data acquiring component further acquires a value indicating age of the subject and wherein the data processing component estimates the value indicating visceral fat area by using an equation (1) as expressed below,

$$VFA = C11*FM/Ht^2 + C12*Age + C13 \quad (1)$$

where the  $VFA$  expresses the value indicating visceral fat mass, the  $Age$  expresses the value indicating age, and the  $C11$ ,  $C12$  and  $C13$  each expresses constant.

15. The system of claim 13, wherein the data acquiring component further acquires a value indicating age of the subject and wherein the data

processing component estimates the value indicating visceral fat area by using an equation (2) as expressed below,

$$VFA = C21*Ht^2/FM + C22*Age + C23 \quad (2)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, and the C21, C22 and C23 each expresses constant.

16. The system of claim 12, wherein the data acquiring component further acquires values each indicating age and weight of the subject and wherein the data processing component estimates the value indicating visceral fat area by using an equation (3) as expressed below,

$$VFA = C31*FM/Ht^2 + C32*Age + C33*Wt/Ht^2 + C34 \quad (3)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the Wt expresses the value indicating weight, and the C31, C32, C33 and C34 each expresses constant.

17. The system of claim 13, wherein the data acquiring component further acquires values each indicating age and weight of the subject and wherein the data processing component estimates the value indicating visceral fat area by using an equation (4) as expressed below,

$$VFA = C41*Ht^2/FM + C42*Age + C43*Wt/Ht^2 + C44 \quad (4)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the Wt expresses the value indicating weight, and the C41, C42, C43 and C44 each expresses constant.

18. The system of claim 12, wherein the data acquiring component further acquires values each indicating age and body fat percentage of the subject and wherein the data processing component estimates the value indicating visceral fat area by using an equation (5) as expressed below,

$$VFA = C51*FM/Ht^2 + C52*Age + C53*%FAT + C54 \quad (5)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the %FAT expresses the value indicating body fat percentage, and the C51, C52, C53 and C54 each expresses constant.

19. The system of claim 13, wherein the data acquiring component further acquires values each indicating age and body fat percentage of the subject and wherein the data processing component estimates the value indicating visceral fat area by using an equation (6) as expressed below,

$$VFA = C61*Ht^2/FM + C62*Age + C63*%FAT + C64 \quad (6)$$

where the VFA expresses the value indicating visceral fat mass, the Age expresses the value indicating age, the %FAT expresses the value indicating body fat percentage, and the C61, C62, C63 and C64 each expresses constant.

20. The system of any one of claim 1 to 9, wherein the value indicating fat mass of the subject is acquired by the data acquiring component based on the Bioelectrical Impedance Analysis.